

Staying Active~

Registering for Programs...

For members with an ActiveNet account and password, simply click on the blue link provided in the class description to register for the desired class(es). If you need assistance with setting up your ActiveNet account or password, please call (510) 747-7500.

Alameda County Tenants' Rights Workshop

Are you at risk of losing your home? Do you want to learn your rights as a tenant? Centro Legal is offering free, online workshops and phone consultations with legal advice for Alameda County tenants! If you need legal assistance with your housing concern ranging from habitability issues to rent increases to eviction notices, please save your spot for a one-on-one consultation at the next remote online tenants' rights workshop or make an appointment for an individual phone consultation by calling 510-437-1554 or emailing tenantsrights@centrolegal.org.

Mastick Movie Club

Friday, April 1, 10:00 a.m. – 12:00, Location: Zoom

FREE

Join Movie Club members for a discussion of "The Eyes of Tammy Faye" featuring a stunning performance by Jessica Chastain (Academy Award winner for Best Actress in a Leading Role) as Tammy Faye Bakker and Andrew Garfield as her husband, Jim Bakker. This is the story of how they rose to lead the largest religious broadcasting network. The movie is currently streaming on HBO Max and Hulu. To join the discussion, email Ed Kallas, Recreation Supervisor I, at ekallas@alamedaca.gov

Spanish – Beginning

Mondays, April 4 – May 23, 9:00 a.m. – 10:00 a.m., Location: Dining Room 2

Cost: \$35 ~ Class #15565

Learn Spanish language skills by practicing vocabulary, writing, reading, listening, and grammar. To register, [click here](#).

Spanish Conversation

Mondays, April 4 – May 23, 10:30 a.m. – 11:45 a.m., Location: Dining Room 2

Cost: \$45 ~ Class #15566

Reinforce Spanish language skills by reading, writing, listening, and engaging in active conversation. To register, [click here](#).

Creative Writing

Mondays, April 4, 11, 18 & 25, 11:30 a.m. - 1:30 p.m., Location: Media Room

Cost: \$80 ~ Class #16824

This class emphasizes the craft of writing and magic of making art with words. Weekly writing exercises and assignments, lectures, discussions, and examples of literature included. To register: [click here](#).

Chat Room: Finding Meaning in Your Life
Tuesdays, April 5, 12, 19 & 26, 9:30 a.m. – 10:30 a.m., Location: Zoom
FREE ~ Class #14713

Join an ongoing, open-ended discussion. Members will receive the Zoom meeting I.D. and passcode information following registration. To register, [click here.](#)

Train Your Brain at Elders Inn
Tuesdays & Thursdays, April 5 – June 9, 10:00 a.m. – 11:00 a.m.,
Location: Elders Inn (1721 Webster St.)
Cost: \$103 ~ Class #14836

Practice techniques such as verb generation, coordination exercises, short-term memory recall, listing, basic math, set-shifting, name memorization and attention games to maintain or improve memory. Session includes homework and strategies to work around memory obstacles in your daily routine. To register, [click here.](#)

Book Club
Tuesday, April 5, 12:15 p.m., Location: Zoom
FREE

Join Book Club members and discuss “The Devil in the White City” by Erik Larson. “I Capture the Castle” by Dodie Smith will be reviewed on May 3. To join the discussion, email Ed Kallas, Recreation Supervisor I, at ekallas@alamedaca.gov. Mastick has a limited supply of each book available for lending. If interested, call (510) 747-7500.

Hula 1
Tuesdays, April 5, 12, 19 & 26, 11:30 a.m. – 12:20 p.m., Location: Room A
Cost: \$43 ~ Class #16758

If you're new to hula or would like to refresh your skills, this class is for you! Hawaiian dance is an excellent exercise for everyone. As you dance, learn about Hawaiian stories, language and culture. Wear comfortable stretch clothing to allow for ease of movements. Join us for fun and aloha! To register, [click here.](#)

Hula 2
Tuesdays, April 5, 12, 19 & 26, 12:30 p.m. – 1:20 p.m., Location: Room A
Cost: \$43 ~ Class #16757

If you have danced hula previously and are familiar with the basic hula steps, this class is for you! Hawaiian dance is an excellent exercise for everyone. As you dance, learn about Hawaiian stories, language and culture. Wear comfortable stretch clothing to allow for ease of movements. Join us for fun and aloha! To register, [click here.](#)

Hop on the Bus with Us!
Tuesday, April 5, 1:00 p.m. – 3:00 p.m., Location: Game Room/Off-site
FREE ~ Class #16769

Interested in improving your transit skills or gaining more experience using the AC Transit system? If so, join Katherine "Kat" Kaldis, Paratransit Coordinator, to catch the bus together and explore Alameda. Space is limited. To register, [click here](#) or call (510) 747-7513.

The Last Gift Box
Tuesday, April 5, 1:00 p.m. – 3:00 p.m., Location: Dining Room 2
FREE ~ Class #14838

Based on the book, "The Last Gift Box", learn practical ways to organize the "business" aspects of your life and communicate end-of-life decisions and how you wish to be remembered by loved ones. This essential subject is presented with factual information and humor. \$5 donation encouraged. To register, [click here.](#)

Ceramics 1
Tuesdays, April 5 - May 3, 1:00 p.m. - 3:00 p.m., Location: Skill Center
Cost: \$133 ~ Class #16826

Fee includes supplies. Students in this class attend Ceramics Lab on Thursdays from 9:00 a.m. - 12:00. To register, [click here.](#)

Ceramics 2
Thursdays, April 7 - May 5, 1:00 p.m. - 3:00 p.m., Location: Skill Center
Cost: \$133 ~ Class #16827

Fee includes supplies. Students in this class attend Ceramics Lab on Tuesdays from 9:00 a.m. - 12:00. To register, [click here.](#)

Zumba Gold – Toning
Tuesdays, April 5, 12, 19 & 26, 2:00 p.m. – 2:55 p.m., Location: Room A
Cost: \$43 ~ Class #16018

This class combines Zumba Gold with Zumba Toning. It incorporates lightweight resistance training into the cardio program focusing on building muscle strength. To register, [click here.](#)

Line Dancing for New Beginners
Wednesdays, April 6, 13, 20 & 27, 9:30 a.m. – 10:30 a.m., Location: Social Hall
Cost: \$27 ~ Class #15397

For those who are brand new to line dancing. You will learn basic steps, sequencing and terminology for your foot movements and step-by-step instruction for each dance. Come join us in activating your body and mind with music. To register, [click here.](#)

Line Dancing - Intermediate
Wednesdays, April 6, 20 & 27, 11:00 a.m. – 12:30 p.m., Location: Social Hall
Cost: \$21 ~ Class #14775

Designed for individuals who have mastered the basic steps and movements. More complex steps will be added. To register, [click here.](#)

Zumba Gold
Thursdays, April 7, 14, 21 & 28, 2:00 p.m. – 2:55 p.m., Location: Social Hall
Cost: \$43 ~ Class #16011

Zumba Gold is a lower-intensity dance class designed for active older adults. A typical class will feature merengue, salsa, cha-cha, reggaeton, bachata, samba, soca, hip-hop, belly dance and bhangra. Class open to all levels. To register, [click here.](#)

Thriving with Parkinson's at Waters Edge Lodge
Tuesdays & Thursdays, April 12 – June 2, 10:30 a.m. – 11:30 a.m.,
Location: Waters Edge Lodge (801 Island Dr.)
Cost: \$83 ~ Class #14834

A comprehensive approach to combat Parkinson's symptoms based on principles from physical, occupational, and speech therapy and concepts from LSVT. Address postural changes, mood, cognition, swallowing, speech, and tremors. To register, [click here](#).

Transportation 101 & Clipper Card for Seniors
Tuesday, April 19, 1:00 p.m. – 3:00 p.m., Location: Room D
FREE ~ Class #15005

Katherine "Kat" Kaldis, Paratransit Coordinator, will provide an overview of the various transportation options (East Bay Paratransit, AC Transit Clipper Card, FREE shuttle service, and MORE) available to Alameda residents. Do you have questions about the Clipper Card Program? An AC Transit representative will be on-site to answer your questions and register adults age 65+ for a free senior Clipper Card. Bring a photo ID with your date of birth. To register, [click here](#) or call (510) 747-7513.

Connections Support Group
Wednesday, April 20, 1:00 p.m. – 2:00 p.m., Location: Room D
FREE

The Connections Support Group offers a safe place for seniors to get together to receive information and resources for coping with today's life challenges. Participants will have an opportunity share their experiences on various topics affecting the senior population. The Senior Connections Case Manager will facilitate, provide resources, referrals, and practical and constructive information to assist with working through life's tough and complex issues. Program provided by Alameda Family Services and funded in part by the Mastick Senior Center Advisory Board. To register, call (510) 747-7500.

Teens Teaching Technology
Thursday, April 21, 4:00 p.m. – 5:00 p.m., Location: Computer Lab (Room C)
FREE ~ Class #15010

This program is a collaboration between the Mastick Senior Center and the ARPD Teen Program. Teens will assist Mastick members with electronic devices such as, but not limited to, tablets, smart phones, and laptops. To register, [click here](#).

Get Balanced at Waters Edge Lodge
Mondays & Fridays, April 25 – July 22, 2:30 p.m. – 3:30 p.m.,
Location: Waters Edge Lodge (801 Island Dr.)
Cost: \$123 ~ Class #15264

Created by a team of physical therapists, this class is proven to prevent falls. Participants are tested before and after to track and celebrate changes. Learn exercises for vision and vestibular systems, strength, flexibility, proprioception, and quick reflexes. No class 5/30 & 7/4. To register, [click here](#).

Diabetes Support Group
Wednesday, April 27, 10:00 a.m. – 12:00, Location: Room D
FREE

If you or someone you love has diabetes, consider joining the Diabetes Support Group provided by the Alameda County Public Health Department Diabetes Program. To register, call (510) 747- 7500.

Birthday Celebration
Thursday, April 28, 12:30 p.m. – 1:00 p.m., Location: Courtyard / Dining Room 2
FREE ~ Class #14861

Let's celebrate your special day! Join us for sweet treats and happy birthday wishes! To register, [click here](#) or call (510) 747-7500.

Music Appreciation ~ Music for Springtime
Thursday, April 28, 1:30 p.m. – 2:30 p.m., Location: Dining Room 2
FREE

Join Bill Sturm, Volunteer, for a discussion and piano performance of music inspired by the Spring season. To register, call (510) 747-7500.

Pickleball: Advanced Drills
Thursdays, April 28, May 5, 12 & 19, 2:00 p.m. – 3:00 p.m., Location: Lincoln Park
Cost: \$85 ~ Class #16574

Improve your game and sharpen your skills! Enjoy drills designed to benefit the advanced level player. Designed and run by Marcia Neishi, skilled tournament player and certified instructor through the International Pickleball Teaching Professional Association. To register, [click here](#).

Alexander Technique: Improving the Vagus Nerve Function
Tuesdays, Wednesdays & Thursdays, May 3, 4, 5, 10, 11 & 12, 1:30 p.m. – 3:00 p.m.,
Location: via Zoom
Cost: \$93 ~ Class #14826

The Vagus nerve, a major parasympathetic nerve, is responsible for many health ailments. Learn how to strengthen its functionality by using Alexander Technique principles and ultimately improve your immune system, breathing, digestion, balance, and sleep. To register, [click here](#).

Zumba Gold – Toning
Tuesdays, May 3, 10, 17 & 24, 2:00 p.m. – 2:55 p.m., Location: Room A
Cost: \$43 ~ Class #16019

This class combines Zumba Gold with Zumba Toning. It incorporates lightweight resistance training into the cardio program focusing on building muscle strength. To register, [click here](#).

Line Dancing for New Beginners
Wednesdays, May 4, 11, 18 & 25, 9:30 a.m. – 10:30 a.m., Location: Social Hall
Cost: \$27 ~ Class #15398

For those who are brand new to line dancing. You will learn basic steps, sequencing and terminology for your foot movements and step-by-step instruction for each dance. Come join us in activating your body and mind with music. To register, [click here](#).

Line Dancing - Intermediate
Wednesdays, May 4, 11, 18 & 25, 11:00 a.m. – 12:30 p.m., Location: Social Hall
Cost: \$21 ~ Class #14776

Designed for individuals who have mastered the basic steps and movements. More complex steps will be added. To register, [click here](#).

Yoga

Thursdays, May 5 – June 23, 10:00 a.m. – 11:15 a.m., Location: Social Hall

Cost: \$64 ~ Class #16642

Alignment-based yoga targets modified poses focusing on strength, flexibility, and balance. Synchronize your mind and body while having fun. Dress in layers, bring a yoga mat, strap, and blanket for relaxation/warmth. To register, [click here](#).

Zumba Gold

Thursdays, May 5, 12, 19 & 26, 2:00 p.m. – 2:55 p.m., Location: Social Hall

Cost: \$43 ~ Class #16021

Zumba Gold is a lower-intensity dance class designed for active older adults. A typical class will feature merengue, salsa, cha-cha, reggaeton, bachata, samba, soca, hip-hop, belly dance and bhangra. Class open to all levels. To register, [click here](#).

Qigong

Tuesdays, May 10 – June 14, 10:00 a.m. – 11:00 a.m., Location: Room A

Cost: \$57 ~ Class #15292

Qigong is an ancient discipline that includes visualization, mindfulness, and focused breathing. It is practiced to balance emotions, improve health, and enhance the mind, body, and spirit. Class easily modified for all fitness levels. To register, [click here](#).

Medicare Alert: Prevent Medicare Fraud & Abuse

Tuesday, May 10, 10:00 a.m. – 11:00 a.m., Location: Room D

FREE ~ Class #14824

Join a HICAP Representative to learn about the types of fraud and abuse prevalent in the Medicare system. Gain increased awareness of health care scams, how to protect against them, identifying fraud and abuse, and where to report it. To register, [click here](#).

Mastick Trip to Sea Plane Lagoon Kayaking Tour

Friday, May 13, 9:00 a.m. – 12:00, Location: meet in the Mastick Senior Center Parking Lot

Cost: \$75 ~ Class #16590

Join experienced Kayak Guide, Joe Stack, on a paddle past the USS Hornet, Navy reserve vessels, and outer rock wall where Brown Pelicans migrate. Bring your camera and capture incredible sights and spectacular views! Bus transportation provided. To register, [click here](#).

Chair Yoga

Tuesdays, May 13 – June 24, 1:00 p.m. – 2:00 p.m., Location: Social Hall

Cost: \$52 ~ Class #15247

Enjoy a gentle form of yoga practiced sitting in a chair or standing using the support of a chair. Relax your body and ease stress while building strength and flexibility. To register, [click here](#).